

# young mums ROCK!\*

You're not alone  
**REACH OUT**

Find out about  
services

Join or start a  
support group

Make new  
friends

Look for ways you  
can get childcare,  
study or work that's  
right for you



## What would work for you?

Call

Young Mums Rock! is an action research project by young mums for young mums  
Check out [www.whwest.org.au](http://www.whwest.org.au) for what other young mums have done



A special thank you to all the women and services who support Young Mums Rock! including Women's Health West, Melton and Moorabool Young Pregnant and Parenting Group, Djerrivarrh Health Services and Melton Shire Council.

Produced by young mums for young mums 2007 | Researcher: Joy Free [joy@whwest.org.au](mailto:joy@whwest.org.au) | Illustrations: Sarah Marlowe